

## Competition Rule H: Jan Kjellström Relay Orienteering Championships

These Rules are to be used in conjunction with the British Orienteering Rules of Orienteering and Appendices. Where these Rules vary or supplement British Orienteering Rules of Orienteering, then these Competition Rules will take precedence.

### 1. General information

#### 1.1 Purpose

- 1.1.1 The JK weekend is a high quality event held each Easter in memory of Jan Kjellström who gave so much help in establishing the sport of orienteering in Great Britain.

#### 1.2 Format

- 1.2.1 The JK Relay Orienteering Championships are held on Easter Monday and consist of races for teams of three runners in mixed age classes. Each runner must complete their lap as an individual.

#### 1.3 Administration

- 1.3.1 The JK Relay Orienteering Championships are organised by constituent Associations or by clubs (known as The Organising Body) on behalf of British Orienteering.
- 1.3.2 The JK Relay Orienteering Championships must be registered as a level A event.
- 1.3.3 Applications to request variation to the Competition Rules must be made to Events and Competitions Committee.

- a) *Full details of all the requirements of a level A event are contained in the British Orienteering Rules of Orienteering and supplemented by these rules.*
- b) *The exact details of responsibility are set out in the Partnership Agreement.*
- c) *The Co-ordinator may be required to make regular reports on the progress of the event to their Association and to Events and Competitions Committee.*

### 2. Competition and eligibility

#### 2.1 Eligibility

- 2.1.1 Only Clubs which are affiliated either to British Orienteering or to another member Federation of the IOF are permitted to enter team for the JK Relay Championships.
- 2.1.2 All members of a team (except for those in an Ad Hoc class) must meet the club representation eligibility requirements in the British Orienteering Rules for Competitors, except in the JK Trophy and Women's Trophy classes where the UK Relay League Neighbouring Clubs Alliance applies. (See below).
- 2.1.3 Geographically adjacent clubs are permitted to form combined teams ("Alliances") for participation in the Men's or Women's Premier classes. This applies to Men's and Women's teams separately.

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- 2.1.4 Two clubs that wish to form such an alliance must satisfy the following criteria:
- The two combining clubs must be geographically adjacent.
  - Neither club has fielded a team that finished in the top ten of the overall UK Relay league standings in the previous year in either the Men's or Women's competitions as appropriate.
- 2.1.5 Alliance teams must be treated as competitive, and will be eligible to win trophies.
- 2.1.6 Any clubs who wish to take advantage of this proposal must notify Events and Competitions Committee and be approved before January 31st of the year in which they wish to form the Alliance.

### 2.2 Competition classes

- 2.2.1 For classes A – N all members of a team must meet the club representation eligibility requirements in the British Orienteering Rules for Competitors, except in the JK Trophy and Women's Trophy classes where the UK Relay League Neighbouring Clubs Alliance applies.
- 2.2.2 Class P, Mixed Ad Hoc, is open to teams (M and/or W) made up from members of the same or different clubs.
- 2.2.3 For age-restricted relay classes E to M excluding J the total of the British Orienteering age classes (not the actual ages) of the entrants counts. Added together these must be equal to or greater than (classes E, F, G, H), or equal to or less than (classes K, L, M) the number stipulated for the class.
- 2.2.4 For Class J, the British Orienteering age cases must be added together with the addition of 10 for each female competitor and this total must be equal to or greater than 210.
- 2.2.5 For Junior Relay classes K, L and M all competitors must be M/W20 or below.
- 2.2.6 For the senior classes E, F, G, H and J any junior will be counted as though they were 'running up' as an M/W21.
- 2.2.7 For class N, the Mini Relay, all entrants must be M/W12 or below.
- 2.2.8 Laps must be run in the order shown except for class P, Mixed Ad Hoc, which will have lap lengths jumbled up. For this class, the running order will be shown on the Team declaration form so that team members will be able to select the lap appropriate to them.

### 2.3 Shadowing

- 2.3.1 The shadowing of any competitor on a Championship course is not permitted.

### 2.4 Trophies/medals

- 2.4.1 JK Trophies will be awarded to the first place teams except for the Ad Hoc class. JK Medals if applicable will be awarded to the first, second and third placed competitors in each team except for the Ad Hoc class.

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### 2.5 Badge Scheme

2.5.1 Does not apply.

### 2.6 Ranking Scheme

2.6.1 Does not apply.

### 2.7 Embargo

2.7.1 For level A championship classes, competitors must declare themselves non-competitive if their acquaintance with the terrain would give them substantial advantage over other competitors. Nothing that occurred more than 24 months before the date of the event will be taken into account.

## 3. Safety

3.1.1 Event Officials must refer to British Orienteering Rules of Orienteering and Appendix E: Event Safety for detailed information on the required and recommended safety and risk management procedures.

3.1.2 There must be no crossing of roads unless appropriate traffic management arrangements have been put in place.

## 4. Officials

4.1.1 Co-ordinator: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.

4.1.2 Organiser and Planner: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.

4.1.3 Controller: Grade A controller to be appointed by Events and Competitions Committee

*a) See British Orienteering Rules of Orienteering and Appendix C: Event officials for full details on the requirements for Event Officials at level A events.*

*b) The Planner and Controller should have experience of relay races.*

*c) Other Advisers should be appointed as appropriate. This may include Mapping, Elite, Environment. Appointment to be made by Events and Competitions Committee.*

## 5. Organisation

### 5.1 General

5.1.1 All matters relating to the organisation of the competition are covered either in the British Orienteering Rules of Orienteering and the Partnership Agreement.

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### 5.2 Additional requirements

- 5.2.1 Competitors must be reminded in the Event Details that any attempt to 'see' the map before they start renders their team liable to disqualification.

### 5.3 Seeding

- 5.3.1 Organisers must attempt to seed teams in order to prevent potential winners having identical gaffles.

- a) *Teams to be seeded include those which finished in the top 10 in the class in question in the previous year. Also, any other teams which are considered to be competitive may be included.*
- b) *The number of seeds should be a minimum of three and a maximum of ten. Once a list of seeded teams is identified, they should be ranked 1, 2, 3 etc.*
- c) *The actual number of seeds depends on the chosen system of gaffling. For example, with three legs, the gaffling is likely to be a multiple of three. In this case six teams should be seeded. Ranks 1 and 4 on gaffle A for the first lap, ranks 2 and 5 on gaffle B and ranks 3 and 6 on gaffle C. Subsequent laps should be arranged such that teams on the same gaffle on lap 1 are on different gaffles for laps 2, 3 etc.*

### 5.4 Starts

- 5.4.1 All classes running the same course must start at the same time.

- a) *This is order to increase the number of people racing together, even if they are competing in different classes. The table below shows the class to course allocation. Intermediate classes should start at the same time as the corresponding Short classes even though they have a different second lap. The recommended start order and times are:*

Class	Call up	Start
Mini Relay (M/W12-)	09:45	10:00
JK Trophy	09:55	10:10
M120+	09:55	10:10
Women's Trophy	10:05	10:20
M165+	10:05	10:20
M/W40-	10:15	10:30

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Mixed Ad Hoc	10:25	10:40
Men's Short	10:35	10:50
W120+	10:35	10:50
M48-	10:35	10:50
Women's Short	10:45	11:00
W165+	10:45	11:00
M/W210+	10:45	11:00
W48-	10:45	11:00

### 5.5 Mini-mass Starts

- 5.5.1 Arrangements for mini-mass starts must be publicised in the Event Details.
- 5.5.2 Competitors in mini-mass starts must have their team numbers recorded by an official. The Start official must record the actual time of start manually as well as through their e-card.
- 5.5.3 Participation in a mini-mass start does not disqualify a team unless previous notice has been given that this will be the case.

*a) The planning and organisation should be such as to minimise the numbers of competitors likely to be involved in a mini mass start, however Competitors awaiting previous lap runners who are long overdue should be started in a mini-mass start to avoid the competition going on too long.*

### 5.6 Finish, timing and results

- 5.6.1 The results of each relay class are decided by the order in which the last lap runner passes the finishing line (subject to any disqualifications).
- 5.6.2 Time must be allowed and the opportunity for appeals against disqualifications to be considered and resolved well before the prize-giving.

*a) However at least 'race time' should be displayed along with team positions on the day, with individual times appearing in the printed results.*

*b) As well as team times and positions, the published results should show individual times and details of the course variants.*

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### 6. Map and terrain

#### 6.1 Quality of terrain

- 6.1.1 The terrain must be generally runnable and of good technical quality.
- 6.1.2 A grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.

- a) Much of the excitement of relays comes from head to head racing, but if the competition is to be fair, the terrain will have route-choice and navigation potential so that the better orienteers can benefit from their skill.*
- b) Courses are shorter than those for individual competitions, so smaller areas can be used. The terrain needs to be well featured (and accurately mapped!) as the control density in certain key places is likely to be unusually high.*
- c) The Controller's report should confirm that all of the requirements for a level A event can be met.*

#### 6.2 Map

- 6.2.1 The map must comply with all the relevant requirements in the British Orienteering Rules of Orienteering and Appendix D: Mapping.
- 6.2.2 The map must be drawn to the latest IOF specification (ISOM).

#### 6.3 Map scale

- 6.3.1 The required map scales stated below are subject to the provisions in Schedule 1, Appendix D Mapping.
- 6.3.2 The map scale for all age classes must be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

#### 6.4 Map printing

- 6.4.1 The map must be printed by an accredited printer.
- 6.4.2 The British Orienteering JK map template must be used.

### 7. Course planning

#### 7.1 Classes

- 7.1.1 The following classes must be offered;

Class	Title	Details
A	JK Trophy	Long, Short, Long; technically difficult.

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		Target times: 32, 25, 32 minutes.
B	Women's Trophy	Long, Short, Long; technically difficult. Target times: 32, 27, 32 minutes.
C	Men's Short	Long, Short, Long - but only 2/3 of JK Trophy distance. Technically difficult.
D	Women's Short	Long, Short, Long - but only 2/3 of Women's Trophy distance. Technically difficult.
E	Senior Men (M120+)	Long, Short, Long; technically difficult. Same course as JK Trophy.
F	Senior Women (W120+)	Long, Short, Long; technically difficult. Same course as Men's Short.
G	Veteran Men (M165+)	Long, Short, Long; technically difficult. Same course as Women's Trophy.
H	Veteran Women (W165+)	Long, Short, Long; technically difficult. Same course as Women's Short.
J	Ultra-Veterans (M/W210+)	Long, Short, Long; technically difficult. Same course as Women's Short.
K	Intermediate Men (M48-)	Same technical difficulty as Green, Orange, Green. Approximate times 25, 15, 25 mins (for an M16).
L	Intermediate Women (W48-)	Same technical difficulty as Green, Orange, Green. Approximate times 25, 15, 25 mins (for a W16).
M	Junior Relay (M/W40-)	Same technical difficulty as Orange, Yellow, Orange. Target times 20, 12, 20 mins (for M14 / M12 / M14).
N	Mini Relay	Same technical difficulty as Yellow for all legs.

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		Target times 12 mins for each leg.
P	Mixed Ad Hoc	Same technical difficulty as Green, Green, Orange. Approximate distances will be 4.5, 3.5, 2.5 km.

- 7.1.2 In order for the race to be fair, by the end of the race each team must have run precisely the same legs, whatever method of gaffling is employed. It is not sufficient that they have just visited the same controls.

*a) It is not necessary to plan separate courses for each class as the table below shows that there is significant overlap in the laps needed for each race:*

Course	a	b	c	d	e	f	g
TD	5	5	5	5	5	3	2
CLR	1.00	0.78	0.66	0.54	0.40	≈2.5km	≈2.0km
Class							
JK Trophy	1, 3	2					

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Women's Trophy		1, 3	2				
Men's Short			1, 3	2			
Women's Short				1, 3	2		
Men 120+	1, 3	2					
Women 120+			1, 3	2			
Men 165+		1, 3	2				
Women 165+				1, 3	2		
M/W210+				1, 3	2		
M48-			1, 3			2	
W48-				1, 3		2	
Junior Relay						1, 3	2
M/W40-							
Mini Relay							1, 2, 3
M/W12-							
Mixed Ad Hoc		Long		Medium		Short	

- b) The course length ratios are based on a 32 minute fastest lap time for an elite competitor running a long lap on the JK Trophy.
- c) Planners should note that course length ratios refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb).
- d) The number of variants of a particular course, and how to use gaffling, is a decision to be made by the planner. This should take into account the likely number of teams running.
- e) It is preferable that all courses, including the Mini Relay, are gaffled to some extent to avoid following. However gaffling should be fair, and in particular should not try and 'trick' juniors into mispunching.
- f) The fair siting of controls is even more important in relays than in individual competitions. Anything which gives an unfair disadvantage to those leading is be avoided at all cost.
- g) Although groups of controls are often used it is not good planning to have them too close together, or visible from one another. A competitor who arrives at the wrong control should be penalised for it. Grouped controls should also be on unambiguous features and have very different control codes. The planner should not be trying to trick people - the fewer people disqualified for mispunching the better.

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